

# **The Quinnipiack Valley Health District is asking for your help with their Community Health Assessment.**

## **Community Health Assessment: Let Your Voice Be Heard!**

*The health of a community is not just the absence of illness or disease. Rather, the health of a community involves all aspects of life, including economic, recreational, environmental, cultural and spiritual aspects.*

In order to make sound decisions about what is needed for a healthy community, there must be an understanding and a systematic examination of the current health status. Quinnipiack Valley Health District (QVHD), the public health department for Bethany, Hamden, North Haven and Woodbridge, has initiated a community health assessment (CHA) for the district. This is the first time a formal initiative has been undertaken. If you want to participate, now is the time!

QVHD has formed a coalition of community partners to look at health indicators for the district in order to identify strengths and weaknesses of the community and subsequently adopt strategies to address community health needs. A CHA will lead to a Community Health Improvement Plan. The ultimate goal of this project is to improve the health of district residents. The Coalition met for the first time in May 2016.

Distribution of Community Health Assessment surveys is underway. The Coalition will next define community assets.

Have your voice heard. Complete the **Community Health Assessment** to provide your opinions.